



# Metropolitan Police Department Domestic Violence Unit Safety Plan



## If You Are in a Relationship with an Abuser

- I can tell \_\_\_\_\_ about the violence and request they call the police if they hear suspicious noises coming from my house. I can also teach my children how to use the telephone to contact the police. I will make sure that important phone numbers are accessible to my children and myself.  
Police 911  
My Sister's Place Hotline 202-529-5991  
Friends \_\_\_\_\_  
Family \_\_\_\_\_
- I can use \_\_\_\_\_ as a code word with my children, family, and friends when I need them to call the police.
- I can practice getting out of my home safely.  
(Think about which doors, windows, elevators and stairwells would be best.)
- I can keep a packed bag with important items with \_\_\_\_\_ (a friend, neighbor, etc.) in case I have to leave home quickly.
- When I expect there is going to be an explosion, I will try to move to a space that is lower risk, such as \_\_\_\_\_.  
(Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door. Try not to wear scarves or long jewelry that can be used to grab and strangle you.)
- If violence is unavoidable, I can try to make myself a small target. I can get into a corner and curl up into a ball. (Protect your face and put your arms around your head, with your fingers entwined in back.)
- I can drive my car to a friend (Consider backing the car into the driveway and keep it fueled. Keep the driver's door unlocked -- but the other doors locked -- for a quick escape)
- I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.